LETTERS FROM MOTHER

XX .- She Tells How to Bathe Baby Properly.

My Dear Daughter:-Nature is a beneficient godmother, other-

wise we would soon have an extinction of the human race.

How many times one hears the excuse made for a young mother: "She does not know." Not to know is unpardonable. It is quite as much her business to know how to take care of her child and her house as it is for her husband to know the trade or profession by which he earns money to support her and her child. For the first few months of baby's life its physical care should engross the mother.

As is well known, there are four channels by which impurities can be removed from the body; the skin, the kidneys, the lungs and the infestines. To remove the impurities through the skin, the pores must be kept open. This can only be done by bathing. I have already told you, my dear, that the baby's first bath should be of oil. Now, of course, your nurse has told you that your baby's daily bath must be given at the same time and with the same particular care with which she mangurated the ceremony.

The oil bath serves the double purpose of cleansing the skin and lubricating the body. This can be given each day with warm vaseline or olive oil, until the naval cord has dried and fallen off. This occurs usually within a week after birth, and then the tub bath may

be given.

The temperature of the room should be 72 degrees and the bathtub a small one, on a low stool, placed where there is no possibility of a draught. Never place the tub on the floor. For a very young

baby the temperature of the bath should be 98 degrees.

Two soft wash cloths are necessary. Never use sponges, because they are so hard to keep perfectly clean. On the contrary the wash cloths can be laundered, dried in the open air and made perfectly fresh and sweet. A bath thermometer is an absolute necessity unless the mother is like the old negro mammy, who, when asked how she regulated the temperature of the baby s/bath, said, "Why, chile, I jes put her in and if she turns blue, it's too cold, and if she turns red, it's too hot."

Two large soft towels, a cake of pure soap, a powder shaker, containing talcum powder, a soft brush and fine comb, and a large flannel bathing apron, all of which I sent you, must be at your hand,

and the fresh clothing for baby after she is bathed.

After undressing, cover all but her head with the flannel apron, and bathe her face with fresh water, soaping the cloth and care-